

BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2018-07-22
 Miejsce: Łądek-Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.


BIEG TROJAK TRAIL - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	284	SALOMON SUUNTO TEAM	GŁUCHOŁAZY	POL	SENIOR I M - 20	1	M 1	00:17:16	00:26:26	00:42:40.40	00:42:42.15	4:16	14.1
2	STAWSKI MICHAŁ	137	TRUCHT.COM	ŁÓDŹ	POL	SENIOR II M - 30	1	M 2	00:19:10	00:29:31	00:47:46.25	00:47:48.50	4:46	12.6
3	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
4	ŁĄTKA PIOTR	232		OBORNIKI ŚLĄSKIE	POL	SENIOR I M - 20	2	M 4	00:19:11	00:29:48	00:48:26.65	00:48:28.00	4:50	12.4
5	KITA MICHAŁ	18	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	1	M 5	00:20:22	00:31:39	00:51:16.95	00:51:19.70	5:07	11.7
6	KANTOR MARTYNA	374	BUFF TEAM POLSKA	KRAKÓW		SENIOR I K - 20	1	K 1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	5:08	11.7
7	LUTOWSKI WOJCIECH	403		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:20:08	00:31:30	00:51:34.00	00:51:35.35	5:09	11.6
8	HACZYK JAROSŁAW	369	BIEG POLSKA	OPOLE		WETERAN I M - 50	1	M 7	00:21:10	00:32:39	00:53:18.25	00:53:22.90	5:19	11.3
9	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2
10	SŁOČIAK RAFAŁ	34	RAJSPOORT ACTIVE	OPOLE	POL	SENIOR I M - 20	4	M 9	00:20:56	00:33:17	00:53:37.65	00:53:41.10	5:21	11.2
11	OLKIS RAFAŁ	395	PRZEBIEGA.PL	WROCŁAW		SENIOR II M - 30	4	M 10	00:21:15	00:32:55	00:53:56.10	00:54:00.70	5:23	11.1
12	ZIOMEK TOMASZ	198	KALENJI BY DECATHLON	BIELSKO-BIAŁA	POL	SENIOR II M - 30	5	M 11	00:20:28	00:32:18	00:53:58.25	00:54:03.75	5:23	11.1
13	KWIATKOWSKA KINGA	225	ALPIN SPORT TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 2	00:21:50	00:33:42	00:54:07.80	00:54:12.90	5:24	11.1
14	DOMAŃSKI PATRYK	33	#TEAMBIEGIWLKP	POZNAŃ	POL	SENIOR I M - 20	5	M 12	00:22:21	00:34:22	00:54:49.65	00:54:51.55	5:29	10.9
15	KOPYCZOK MICHAŁ	261	TYSŁAWA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	6	M 13	00:22:37	00:34:31	00:55:13.10	00:55:16.75	5:31	10.9
16	GAJEWSKI MARCIN	150	EBIEGI.PL	KŁÓDZKO	POL	MASTERS M - 40	2	M 14	00:21:29	00:33:49	00:55:28.95	00:55:31.15	5:32	10.8
17	NETOLICKÝ KAMIL	220	SRTG VÝŠKOV	VÝŠKOV	CZE	SENIOR I M - 20	6	M 15	00:22:23	00:34:28	00:55:38.10	00:55:52.05	5:33	10.8
18	NOWICKI MATEUSZ	37		WROCŁAW	POL	SENIOR I M - 20	7	M 16	00:22:34	00:35:07	00:55:49.90	00:55:55.10	5:35	10.7
19	BOROŃ DARIUSZ	371	ASICS FRONT RUNNER			SENIOR I M - 20	8	M 17	00:21:12	00:33:28	00:56:05.25	00:56:06.80	5:36	10.7
20	CIEPŁY MACIEJ	52	NIGHT RUNNERS WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	9	M 18	00:21:48	00:34:13	00:56:11.15	00:56:14.05	5:37	10.7
21	LASEK JAKUB	219	CHICS&SPORT TEAM	OPOLE	POL	SENIOR I M - 20	10	M 19	00:22:41	00:35:25	00:57:01.90	00:57:04.30	5:42	10.5
22	PIETROSZEK RAFAŁ	381	BRUBECK TEAM	STRUMIEŃ		SENIOR I M - 20	11	M 20	00:21:56	00:34:40	00:57:10.60	00:57:14.70	5:43	10.5
23	BUKOWSKI EDWARD	280	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	MASTERS M - 40	3	M 21	00:22:49	00:35:40	00:57:28.85	00:57:32.50	5:44	10.4
24	PAŁETKO GRZEGORZ	16	NYSA BIEGA	JASZENICA DOLNA	POL	SENIOR II M - 30	7	M 22	00:22:33	00:35:02	00:57:26.60	00:57:39.75	5:44	10.4
25	MAJCHRZAK MACIEJ	49		WROCŁAW	POL	SENIOR I M - 20	12	M 23	00:24:04	00:36:06	00:57:37.75	00:57:45.10	5:45	10.4
26	JANUSZEWSKI PIOTR	218	EUROCLEAR RUNNING TEAM	KRAKOW	POL	SENIOR I M - 20	13	M 24	00:22:32	00:35:29	00:58:19.15	00:58:20.45	5:49	10.3
27	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
28	KARAMON MARCIN	344	OPOLE BIEGA	OPOLE		MASTERS M - 40	4	M 26	00:23:06	00:36:09	00:58:27.35	00:58:35.70	5:50	10.3
29	KURASZ SZYMON	129	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	9	M 27	00:24:07	00:37:07	00:58:40.00	00:58:43.65	5:52	10.2
30	GRAD ŁUKASZ	233	FITNESS PIEKARY LEGNICA	LEGNICA	POL	SENIOR II M - 30	10	M 28	00:24:05	00:37:14	00:58:42.00	00:58:46.95	5:52	10.2
31	KYCIA PIOTR	389		RAWICZ		MASTERS M - 40	5	M 29	00:23:52	00:37:01	00:58:48.40	00:58:53.45	5:52	10.2
32	MAZURKIEWICZ JERZY	367	NIGHT RUNNERS WROCŁAW	WROCŁAW		SENIOR II M - 30	11	M 30	00:22:39	00:35:54	00:58:58.50	00:59:03.15	5:53	10.2
33	JANUSZEWSKI MACIEJ	123	ŚLIMAK BROWARNO-KANAPOWY	WROCŁAW	POL	SENIOR II M - 30	12	M 31	00:23:03	00:36:29	00:59:10.90	00:59:20.70	5:55	10.1
34	SOBCZAK FILIP	135		ŁÓDŹ	POL	SENIOR I M - 20	14	M 32	00:23:00	00:36:35	00:59:30.80	00:59:37.50	5:57	10.1
35	MARGOL PAWEŁ	300	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	13	M 33	00:23:37	00:36:47	00:59:47.45	00:59:56.75	5:58	10
36	CHODOROWSKI KRZYSZTOF	10	PRZEDWOJEWSKI MOUNTAIN TEAM	WROCŁAW	POL	SENIOR II M - 30	14	M 34	00:23:32	00:37:00	00:59:56.50	01:00:07.35	5:59	10
37	PERZ EMILIA	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	2	K 3	00:24:47	00:38:13	01:00:09.85	01:00:13.35	6:01	10
38	PRZYBYŁ PIOTR	391		CZACHROWO		MASTERS M - 40	6	M 35	00:24:03	00:37:12	01:00:21.85	01:00:27.20	6:02	9.9
39	KACZMARCZYK PRZEMYSŁAW	152	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	15	M 36	00:22:58	00:36:18	01:00:35.70	01:00:38.20	6:03	9.9
40	BOBRAS ARKADIUSZ	251		PIOTRKÓW TRYBUNALSKI	POL	MASTERS M - 40	7	M 37	00:23:56	00:37:02	01:00:36.90	01:00:41.55	6:03	9.9
41	MIKOŁAJCZYK PIOTR	139	KALENJI BY DECATHLON	BIAŁYSTOK	POL	SENIOR I M - 20	16	M 38	00:24:17	00:38:05	01:00:47.80	01:00:55.50	6:04	9.9
42	OCHMAN PAWEŁ	181	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	SENIOR II M - 30	15	M 39	00:23:19	00:36:30	01:00:59.75	01:01:03.25	6:06	9.8
43	GROMADZKA ANNA	140	KALENJI BY DECATHLON	KIELCE	POL	SENIOR II K - 30	2	K 4	00:23:52	00:37:31	01:01:20.70	01:01:28.95	6:08	9.8
44	CIEŚLAK KRZYSZTOF	365	ULTRAFAZA.PL	ZIELONA GÓRA		SENIOR II M - 30	16	M 40	00:24:47	00:38:17	01:01:28.85	01:01:39.55	6:08	9.8
45	PERENC MICHAŁ	120	HUSARIA RACE TEAM	JAROSŁAW	POL	SENIOR I M - 20	17	M 41	00:24:40	00:38:12	01:01:42.25	01:01:51.45	6:10	9.7
46	BOREJSZO KAROL	250		ŻARY	POL	SENIOR I M - 20	18	M 42	00:24:53	00:38:29	01:01:48.45	01:02:04.70	6:10	9.7

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
313	ZAPORA AGNIESZKA	332	W POGONI ZA DUCHEM	SARNÓW		SENIOR II K - 30	73	K 148	00:40:24	01:04:53	01:47:17.65	01:47:33.85	10:43	5.6
314	RAJZAKOWSKA ANETA	171		WROCLAW	GER	SENIOR II K - 30	74	K 149	00:40:14	01:03:14	01:48:42.70	01:49:10.25	10:52	5.5
315	LATANOWICZ KAROLINA	257	LAQ	POZNAŃ	POL	SENIOR II K - 30	75	K 150	00:42:13	01:07:31	01:48:33.35	01:49:12.00	10:51	5.5
316	RAJZAKOWSKA ANNA	172		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	8	K 151	00:40:12	01:03:14	01:48:48.70	01:49:15.65	10:52	5.5
317	RABSCH-SURMACZ EWA	67		POZNAŃ	POL	MASTERS K - 40	34	K 152	00:41:33	01:05:50	01:48:59.30	01:49:21.70	10:53	5.5
318	NIEZGÓDKA SYLWIA	268	ZAŁOGA GÓRSKA	WROCLAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
319	BURCHARDT JULIA	339		BYDGOSZCZ		SENIOR I K - 20	32	K 154	00:39:54	01:05:16	01:49:29.65	01:50:04.60	10:57	5.5
320	BURCHARDT MIRKA	167	PUDZIAN	BYDGOSZCZ	POL	WETERAN II K - 60	5	K 155	00:39:56	01:05:16	01:49:30.30	01:50:04.65	10:57	5.5
321	TABOROWICZ MAGDALENA	387		WROCLAW		SENIOR II K - 30	76	K 156	00:38:33	01:03:24	01:49:59.90	01:50:14.10	11:00	5.5
322	WIŚNIEWSKA MAGDALENA	323		WILCZYŃ		SENIOR II K - 30	77	K 157	00:38:30	01:02:41	01:50:23.45	01:50:44.00	11:02	5.4
323	KISIAŁA EDYTA	201		KRAKÓW	POL	SENIOR I K - 20	33	K 158	00:39:24	01:05:22	01:51:32.85	01:52:15.80	11:09	5.4
324	KISIAŁA FILIP	96	LACHO TEAM	KRAKÓW	POL	SENIOR II M - 30	67	M 167	00:39:23	01:05:20	01:51:32.95	01:52:16.25	11:09	5.4
325	OLCZYK ANNA	194	PRZEDBÓRZ	PRZEDBÓRZ	POL	MASTERS K - 40	36	K 159	00:40:59	01:06:19	01:52:55.70	01:53:09.75	11:17	5.3
326	PASTUSZKA JOANNA	200	RUNLDZ	ŁÓDŹ	POL	WETERAN K - 50	9	K 160	00:41:00	01:06:22	01:52:57.45	01:53:10.30	11:17	5.3
327	SMOGORZEWSKA MARTA	26	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	78	K 161	00:42:22	01:07:49	01:53:38.05	01:54:16.05	11:21	5.3
328	KRYNICKA ANNA	173		ŁĄDEK-ZDRÓJ	POL	MASTERS K - 40	37	K 162	00:42:01	01:07:13	01:53:50.20	01:54:17.30	11:23	5.3
329	STAWSKA ANNA	121	WQRW_TEAM	LUXEMBOURG	LUX	SENIOR II K - 30	79	K 163	00:48:47	00:49:20	01:57:21.60	01:58:02.95	11:44	5.1
330	DZICZKOWSKA MAŁGORZATA	373	ABY DO METY	ZŁOTY STOK		SENIOR II K - 30	80	K 164	00:48:37	01:18:12	02:02:46.25	02:03:09.80	12:16	4.9
331	DZICZKOWSKI MACIEJ	408	ABY DO METY	ZŁOTY STOK		SENIOR I M - 20	38	M 168	00:48:37	01:18:15	02:02:45.75	02:03:10.60	12:16	4.9
332	KLINKE-OSADNIK ANETA	193	ABY DO METY	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS K - 40	38	K 165	00:48:59	01:18:12	02:02:47.50	02:03:11.55	12:16	4.9
333	ADAMIAK MARTA	186		ZŁOTY STOK	POL	SENIOR II K - 30	81	K 166	00:49:18	01:18:15	02:02:47.85	02:03:13.85	12:16	4.9
334	KONOPACKI KRZYSZTOF	185	ABY DO METY!	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	47	M 169	00:49:07	01:18:14	02:02:48.05	02:03:14.40	12:16	4.9
335	BOMBA JAROSŁAW	40		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	48	M 170	00:44:37	01:15:16	02:05:18.20	02:05:38.85	12:31	4.8
336	MATKOWSKA PAULINA	350		TRZEBIEL		SENIOR I K - 20	34	K 167	00:44:37	01:15:18	02:05:18.95	02:05:38.90	12:31	4.8
337	ROBAK ANETA	42		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	82	K 168	00:44:36	01:15:16	02:05:19.10	02:05:39.75	12:31	4.8
338	KUIPERS MIES	324				WETERAN II K - 60	6	K 169	00:43:36	01:13:34	02:05:14.50	02:05:46.50	12:31	4.8
339	SCHELVIS WOUTER	325				WETERAN II M - 60	5	M 171	00:43:40	01:13:34	02:05:15.60	02:05:46.50	12:31	4.8
340	SIECZKOWSKI ARTUR	15	NATURAL BORN RUNNERS TEAM	KOSTRZYN NAD ODRĄ	POL	MASTERS M - 40	49	M 172	00:49:12	01:18:31	02:06:20.30	02:06:59.05	12:38	4.7
341	NAĆKIEWICZ JUSTYNA	330		BRZESKO		MASTERS K - 40	39	K 170	00:49:49	01:18:27	02:06:19.05	02:06:59.25	12:37	4.7
342	KRUZEL RAFAŁ	296	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	50	M 173	00:45:34	01:11:56	02:06:37.95	02:07:08.40	12:39	4.7
343	KUCZAKOWSKA ASIA	297	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	83	K 171	00:45:34	01:11:56	02:06:39.05	02:07:08.75	12:39	4.7
344	WALENCIAK PAULINA	275		PACZKOWO	POL	SENIOR I K - 20	35	K 172	00:48:02	01:16:04	02:07:02.55	02:07:41.10	12:42	4.7
345	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7
346	ŚCIOCH ANDRZEJ	255	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN I M - 50	14	M 174	00:47:06	01:16:24	02:07:50.15	02:07:54.45	12:47	4.7
347	KRAWCZYK BOŻENA	254	NIE WIERZĘ, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
348	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
349	WINIARSKI ROBERT	59		LEGNICA	POL	MASTERS M - 40	51	M 175	00:43:03	01:12:42	02:11:21.25	02:12:08.10	13:08	4.6
350	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5
351	DEMBIEC LUCYNA	45	MESONDŹI LAJF STAJL	KALISZ POMORSKI	POL	SENIOR II K - 30	84	K 177	01:08:53	01:38:56	02:31:11.05	02:31:20.85	15:07	4
352	MADERA BOGDAN	134		ŚWIDNICA	POL	WETERAN I M - 50	15	M 176	00:57:59	01:29:59	02:31:37.55	02:32:19.50	15:09	4
353	SOKOŁOWSKI KAZIMIERZ	109		GDAŃSK	POL	WETERAN II M - 60	6	M 177	00:57:39	01:30:28	02:31:58.90	02:32:28.25	15:11	3.9
354	SOKOŁOWSKI MACIEJ	354		ŁĄDEK ZDRÓJ		MASTERS M - 40	52	M 178	00:57:39	01:30:29	02:31:58.30	02:32:28.90	15:11	3.9

BIEG TROJAK TRAIL - 10 KM, ZAŁOGA GÓRSKA

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
2	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2
3	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
4	GRABIŃSKA GIZELA	269	ZAŁOGA GÓRSKA	WARSZAWA-WESOŁA	POL	MASTERS K - 40	5	K 20	00:27:50	00:43:18	01:10:37.55	01:10:42.95	7:03	8.5
5	ULIKOWSKA MARTYNA	272	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	14	K 56	00:31:53	00:49:30	01:20:16.65	01:20:29.50	8:01	7.5
6	WALA PATRYK	262	ZAŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	37	M 143	00:33:12	00:53:18	01:29:48.60	01:30:03.05	8:58	6.7
7	NIEZGÓDKA SYLWIA	268	ZAŁOGA GÓRSKA	WROCLAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
8	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	KANTOR MARTYNA	374	BUFF TEAM POLSKA	KRAKÓW		SENIOR I K - 20	1	K 1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	5:08	11.7
2	KWIATKOWSKA KINGA	225	ALPIN SPORT TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 2	00:21:50	00:33:42	00:54:07.80	00:54:12.90	5:24	11.1
3	PERZ EMILIA	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	2	K 3	00:24:47	00:38:13	01:00:09.85	01:00:13.35	6:01	10
4	GROMADZKA ANNA	140	KALENJI BY DECATHLON	KIELCE	POL	SENIOR II K - 30	2	K 4	00:23:52	00:37:31	01:01:20.70	01:01:28.95	6:08	9.8
5	MALIK AGNIESZKA	414				MASTERS K - 40	1	K 5	00:24:53	00:38:17	01:02:03.60	01:02:13.25	6:12	9.7
6	ŁOMNICKA BARBARA	375				SENIOR II K - 30	3	K 6	00:24:56	00:38:40	01:02:32.10	01:02:37.30	6:15	9.6
7	WIADERNA NINA	388	SBRT POWIŚLE	WARSZAWA		SENIOR II K - 30	4	K 7	00:25:55	00:40:28	01:03:38.90	01:03:43.25	6:21	9.4
8	GŁOMBIEWSKA ZUZANNA	61	BIGYELLOWFOOT ADVENTURE TEAM	GDYNIA	POL	SENIOR I K - 20	3	K 8	00:25:45	00:39:53	01:04:06.60	01:04:09.10	6:24	9.4
9	KOLECKA SYLWIA	316	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS K - 40	2	K 9	00:24:17	00:38:44	01:04:15.85	01:04:23.25	6:25	9.3
10	KWASIZUR AGATA	260	MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	5	K 10	00:26:30	00:41:17	01:05:20.75	01:05:22.90	6:32	9.2
11	PAZDAN NATALIA	143	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	6	K 11	00:25:27	00:40:19	01:05:36.25	01:05:39.60	6:33	9.1
12	LACHERA KAMILA	21	W POGONI ZA DUCHEM	KATOWICE	POL	SENIOR II K - 30	7	K 12	00:26:19	00:40:54	01:05:28.25	01:05:42.40	6:32	9.2
13	RYBARSKA MARTA	2	LESZ NO LIMITS RUNNERS	DOLSK	POL	SENIOR I K - 20	4	K 13	00:26:08	00:40:57	01:05:44.05	01:05:47.70	6:34	9.1
14	PISKUNOWICZ ALEKSANDRA	230				SENIOR II K - 30	8	K 14	00:25:23	00:39:55	01:05:46.65	01:06:01.35	6:34	9.1
15	JOŃCZYK ADA	293				SENIOR I K - 20	5	K 15	00:26:45	00:41:33	01:07:08.35	01:07:14.95	6:42	8.9
16	HACZYK NATALIA	333	MUAY RUNNING TEAM	GORKI		MASTERS K - 40	3	K 16	00:26:45	00:41:16	01:07:58.40	01:08:05.75	6:47	8.8
17	KUCHARSKA ALEKSANDRA	178	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	9	K 17	00:27:37	00:42:32	01:08:26.90	01:08:35.30	6:50	8.8
18	SZPILAREWICZ BASIA	188	ABY DO METY	ZIĘBICE	POL	MASTERS K - 40	4	K 18	00:27:59	00:42:48	01:08:38.55	01:08:50.45	6:51	8.7
19	TOMECKA ALEKSANDRA	271	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	10	K 19	00:27:45	00:42:55	01:09:49.85	01:09:55.40	6:59	8.6
20	GRABIŃSKA GIZELA	269	ZAŁOGA GÓRSKA	WARSZAWA-WESOŁA	POL	MASTERS K - 40	5	K 20	00:27:50	00:43:18	01:10:37.55	01:10:42.95	7:03	8.5
21	KORYCIŃSKA IZABELA	23				SENIOR II K - 30	11	K 21	00:28:56	00:44:59	01:10:32.90	01:10:48.35	7:03	8.5
22	LEWANDOWSKA PATRYCJA	111	TEAM KURORT ŁĄDEK-ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	12	K 22	00:28:34	00:44:35	01:11:18.70	01:11:32.00	7:07	8.4
23	PIOTROWSKA MAGDALENA	103	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO	POL	SENIOR II K - 30	13	K 23	00:27:56	00:44:44	01:11:31.50	01:11:34.25	7:09	8.4
24	GALA KAMILA	274	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	14	K 24	00:28:04	00:44:43	01:12:59.30	01:13:08.95	7:17	8.2
25	JASICKA EWA	165				SENIOR II K - 30	15	K 25	00:28:57	00:45:14	01:14:02.85	01:14:10.00	7:24	8.1
26	CHOLEWA JOANNA	17				SENIOR I K - 20	6	K 26	00:28:30	00:45:11	01:14:34.55	01:14:43.75	7:27	8
27	BIELECKA IWONA	29	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	16	K 27	00:28:38	00:44:56	01:15:06.55	01:15:37.25	7:30	8
28	BUĆKO ALICJA	146	TATAALI TEAM / VEGE RUNNERS	JELEŃ GÓRA	POL	SENIOR I K - 20	7	K 28	00:30:00	00:46:46	01:16:04.80	01:16:14.60	7:36	7.9
29	PLINIEWICZ JOANNA	229				SENIOR II K - 30	17	K 29	00:30:07	00:47:13	01:16:09.50	01:16:15.20	7:37	7.9
30	WŁODKOWSKA BEATA	84				SENIOR II K - 30	18	K 30	00:29:26	00:46:25	01:15:46.20	01:16:20.05	7:34	7.9
31	CIEŚLAK MAGDALENA	177	ZDROWE !	RZEPIN	POL	SENIOR II K - 30	19	K 31	00:29:04	00:45:38	01:16:19.20	01:16:30.90	7:37	7.9
32	PIECHWIĄK ALEKSANDRA	398				SENIOR I K - 20	8	K 32	00:29:44	00:46:27	01:15:55.60	01:16:35.05	7:35	7.9
33	OLEJNICZAK PAULINA	176				SENIOR I K - 20	9	K 33	00:29:55	00:46:48	01:16:12.70	01:16:37.05	7:37	7.9
34	LUBAŃSKA ALICJA	243	DOBIEGNĘ! BUKOWICE	BUKOWICE	POL	WETERAN K - 50	1	K 34	00:29:11	00:45:50	01:16:53.05	01:16:56.00	7:41	7.8
35	WARSZCZYŃSKA ROMANA	107	LUB WYBIERZ Z LISTY	SIEROŚLAW	POL	MASTERS K - 40	6	K 35	00:28:39	00:45:32	01:16:43.60	01:17:01.95	7:40	7.8
36	PASŁOWSKA-CHODOROWSKA JUSTYNA	394	PRZEBIEGA.PL	WROCŁAW		SENIOR II K - 30	20	K 36	00:30:56	00:48:17	01:16:46.90	01:17:02.70	7:40	7.8
37	GEROWSKA ALEKSANDRA	288	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	GOSTYŃ	POL	MASTERS K - 40	7	K 37	00:30:51	00:47:36	01:17:00.95	01:17:19.90	7:42	7.8
38	MICHALEC MARZENA	356	Kobietawbiegu	WAŁBRZYCH		SENIOR II K - 30	21	K 38	00:30:21	00:47:11	01:17:02.20	01:17:31.55	7:42	7.8
39	WIŚNIEWSKA MARLENA	336	MUAY RUNNING TEAM	POZNAŃ		SENIOR II K - 30	22	K 39	00:32:59	00:49:56	01:18:03.90	01:18:06.15	7:48	7.7
40	FRAĆKOWIAK MARIA	170	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	10	K 40	00:31:14	00:48:56	01:17:43.05	01:18:06.90	7:46	7.7
41	WIDŁAK JULIA	69				SENIOR I K - 20	11	K 41	00:31:23	00:48:48	01:17:59.70	01:18:23.40	7:48	7.7
42	HANOUSKOVÁ ESTER	91				SENIOR II K - 30	23	K 42	00:30:52	00:48:33	01:18:12.95	01:18:34.75	7:49	7.7
43	WYSTRYCHOWSKA MARZENA	7	BFAGENCJA.PL	WARSZAWA	POL	MASTERS K - 40	8	K 43	00:29:30	00:46:32	01:17:55.75	01:18:40.90	7:47	7.7
44	SZAWARA-ZIÓŁKOWSKA EWELINA	282	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	24	K 44	00:31:01	00:48:48	01:18:39.05	01:18:47.75	7:51	7.6
45	KOWALSKA MAŁGORZATA	285	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	MASTERS K - 40	9	K 45	00:31:01	00:48:50	01:18:49.90	01:18:57.75	7:53	7.6
46	BABICA PAULINA	144				SENIOR II K - 30	25	K 46	00:30:33	00:48:31	01:18:42.75	01:18:57.90	7:52	7.6
47	KWIECIEŃ SARA	245				SENIOR I K - 20	12	K 47	00:30:41	00:48:02	01:18:19.45	01:18:58.35	7:50	7.7
48	BEDNAREK SYLWIA	270	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	26	K 48	00:30:19	00:47:18	01:18:58.05	01:19:04.65	7:53	7.6
49	ZAJĄC KRYSZYNA	27				WETERAN II K - 60	1	K 49	00:30:02	00:47:21	01:19:01.55	01:19:25.55	7:54	7.6
50	GARCZYK MARZENA	78				SENIOR II K - 30	27	K 50	00:30:32	00:47:27	01:19:22.15	01:19:27.25	7:56	7.6
51	MARCINIAK ANNA	9				MASTERS K - 40	10	K 51	00:31:04	00:48:19	01:19:09.05	01:19:40.75	7:54	7.6
52	PTASZYŃSKA JOANNA	98				WETERAN K - 50	2	K 52	00:32:10	00:49:18	01:19:27.60	01:19:49.70	7:56	7.6
53	MROZIŃSKA RENATA	240				MASTERS K - 40	11	K 53	00:30:22	00:47:29	01:19:19.35	01:19:49.95	7:55	7.6
54	PIASECKA MARTA	31				SENIOR II K - 30	28	K 54	00:31:28	00:48:57	01:19:46.10	01:20:07.50	7:58	7.5
55	HOREJDA SARA	320	ZUMBA	ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	13	K 55	00:27:54	00:45:21	01:20:24.00	01:20:27.85	8:02	7.5
56	ULIKOWSKA MARTYNA	272	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	14	K 56	00:31:53	00:49:30	01:20:16.65	01:20:29.50	8:01	7.5

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
57	CZARNY MARZENA	24	JAWORZNOŁĘC	JAWORZNO	POL	SENIOR II K - 30	29	K 57	00:33:01	00:51:03	01:20:13.80	01:20:31.75	8:01	7.5
58	KOPACKA ELIZA	32	FOLLOWME - ZMIENIAMYFINANSE.PL	WAŁBRZYCH	POL	SENIOR II K - 30	30	K 58	00:31:18	00:49:24	01:20:24.70	01:20:41.90	8:02	7.5
59	LULA MAGDALENA	149	PWPW S.A.	WARSZAWA	POL	SENIOR II K - 30	31	K 59	00:32:10	00:49:40	01:20:12.20	01:20:52.35	8:01	7.5
60	NIEMAS ANNA	64	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	12	K 60	00:32:14	00:50:00	01:20:45.80	01:21:06.00	8:04	7.4
61	PLEWA KATARZYNA	85	NORDIC16	WROCŁAW	POL	SENIOR II K - 30	32	K 61	00:32:16	00:50:12	01:21:27.05	01:21:37.50	8:08	7.4
62	FRĄCZEK IWONA	142	NOA	WROCŁAW	POL	SENIOR II K - 30	33	K 62	00:31:36	00:49:23	01:21:36.85	01:21:56.15	8:09	7.4
63	SIUDAK ANNA	204		TULCE	POL	SENIOR II K - 30	34	K 63	00:31:38	00:49:54	01:21:43.65	01:21:58.70	8:10	7.3
64	WOŁCZEK MAŁGORZATA	338	BIEGAM WSPIERAM MOTYWUJĘ	SULECHÓW	POL	SENIOR II K - 30	35	K 64	00:31:27	00:49:35	01:22:11.75	01:22:23.05	8:13	7.3
65	DRYMEL JOANNA	132	DRUMLEZIPIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	36	K 65	00:31:38	00:49:38	01:21:59.10	01:22:35.35	8:11	7.3
66	ZASADA MAGDALENA	81	FAT & FURIOUS	JELENIA GÓRA 14	POL	SENIOR II K - 30	37	K 66	00:33:31	00:52:48	01:22:33.20	01:22:48.55	8:15	7.3
67	PASŁOWSKA OLGA	396	PRZEBIEGA.PL	WROCŁAW	POL	SENIOR II K - 30	38	K 67	00:32:37	00:50:54	01:22:35.95	01:22:51.25	8:15	7.3
68	BISOWSKA KATARZYNA	184	KOZY W UCHU	KOBYŁKA	POL	MASTERS K - 40	13	K 68	00:33:00	00:51:18	01:22:23.40	01:22:53.15	8:14	7.3
69	BRZozowska KATARZYNA	199		WARSZAWA	POL	SENIOR I K - 20	15	K 69	00:32:03	00:51:04	01:23:08.10	01:23:16.50	8:18	7.2
70	RODZIEWICZ MARTA	164		WARSZAWA	POL	SENIOR I K - 20	16	K 70	00:32:51	00:51:05	01:23:08.85	01:23:16.50	8:18	7.2
71	POHL ANNA	322	SPEED FEET 16	ŚMIGIEL	POL	SENIOR I K - 20	17	K 71	00:31:58	00:50:59	01:23:17.85	01:23:37.50	8:19	7.2
72	OLEKSIEWICZ BEATA	222	SZAKALE BALUT ŁÓDŹ	ŁÓDŹ	POL	SENIOR II K - 30	39	K 72	00:33:15	00:51:40	01:23:12.75	01:23:45.25	8:19	7.2
73	DZIUBA AGNIESZKA	349		MIKOŁÓW	POL	SENIOR II K - 30	40	K 73	00:32:38	00:51:06	01:23:41.45	01:23:49.50	8:22	7.2
74	PREŚ MAGDALENA	203	#WPISZCOKOLWIEK	SMOLEC	POL	SENIOR I K - 20	18	K 74	00:32:29	00:51:13	01:23:45.60	01:24:09.75	8:22	7.2
75	OGRODNIK ANNA	163	RUNNING ACADEMY	WROCŁAW	POL	SENIOR II K - 30	41	K 75	00:32:28	00:51:11	01:24:03.55	01:24:22.60	8:24	7.1
76	LANGE HANNA	215		ŚREM	POL	SENIOR II K - 30	42	K 76	00:32:37	00:50:50	01:24:22.00	01:24:38.90	8:26	7.1
77	GÓRNA ALDONA	214		ŚREM	POL	MASTERS K - 40	14	K 77	00:32:38	00:50:50	01:24:22.75	01:24:39.00	8:26	7.1
78	DUBIEL AGATA	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	JELENIA GÓRA	POL	SENIOR II K - 30	43	K 78	00:33:36	00:52:37	01:24:32.80	01:24:45.95	8:27	7.1
79	GLÓWKA BARBARA	158		WROCŁAW	POL	SENIOR I K - 20	19	K 79	00:33:35	00:52:59	01:24:21.15	01:24:46.55	8:26	7.1
80	CHADE MARIANNA	318		WROCŁAW	POL	SENIOR II K - 30	44	K 80	00:32:52	00:51:28	01:25:02.70	01:25:15.15	8:30	7.1
81	WILK MARIA	345	RAMBO III	BYTOM	POL	SENIOR II K - 30	45	K 81	00:34:30	00:52:46	01:24:54.75	01:25:21.20	8:29	7.1
82	KUTYCKA-KUREK ELŻBIETA	314	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	46	K 82	00:33:22	00:52:21	01:25:09.40	01:25:42.80	8:30	7
83	STAWSKA ALICJA	138		ŁÓDŹ	POL	SENIOR II K - 30	47	K 83	00:33:24	00:52:20	01:25:32.85	01:25:49.95	8:33	7
84	GAJDECKA ADRIANA	131	ORANGE	WARSZAWA	POL	SENIOR II K - 30	48	K 84	00:33:30	00:52:28	01:25:18.45	01:25:51.80	8:31	7
85	JUREWICZ AGATA	319		POZNAN	POL	SENIOR II K - 30	49	K 85	00:33:23	00:52:23	01:25:45.25	01:25:56.45	8:34	7
86	TWARDOWSKA KORNELIA	228		ŚWIĄTNIKI GÓRNE	POL	SENIOR I K - 20	20	K 86	00:33:47	00:52:54	01:25:49.90	01:25:58.85	8:35	7
87	BALCERZAK AGNIESZKA	53		KONARZEWO	POL	MASTERS K - 40	15	K 87	00:33:25	00:53:14	01:25:29.10	01:26:01.70	8:32	7
88	TARASZEWSKA PAULINA	133	PWPW S.A.	OSTROŁĘKA	POL	SENIOR I K - 20	21	K 88	00:33:47	00:53:07	01:25:45.60	01:26:26.00	8:34	7
89	HAJOK MAGDA	94	SBRT GLIWICE	GLIWICE	POL	SENIOR II K - 30	50	K 89	00:32:25	00:52:04	01:26:31.00	01:26:47.25	8:39	6.9
90	JARZĘBSKA AGNIESZKA	48	TU INTER POLSKA SA	WROCŁAW	POL	SENIOR I K - 20	22	K 90	00:34:40	00:53:18	01:26:22.30	01:26:48.30	8:38	6.9
91	JAGUSZEWSKA AGNIESZKA	79	FAT & FURIOUS	KARPACZ	POL	SENIOR I K - 20	23	K 91	00:33:31	00:52:47	01:27:15.55	01:27:30.85	8:43	6.9
92	LUCHOWSKA KAROLINA	404	FIZJOTRITERAPIA	WROCŁAW	POL	SENIOR II K - 30	51	K 92	00:33:11	00:52:23	01:27:01.65	01:27:33.00	8:42	6.9
93	MRÓZ URSZULA	209		STRONIE ŚLĄSKIE	POL	WETERAN K - 50	3	K 93	00:33:29	00:52:12	01:27:27.10	01:27:34.05	8:44	6.9
94	BOROWIAK HANNA	104	WOZIMYSIE.PL	KALISZ	POL	SENIOR II K - 30	52	K 94	00:35:55	00:54:33	01:27:24.50	01:27:41.40	8:44	6.9
95	DOWNAR-ZAPOLSKA LAURA	4	@MD_RUN	WROCŁAW	POL	SENIOR I K - 20	24	K 95	00:34:06	00:53:27	01:27:38.75	01:27:45.45	8:45	6.8
96	SOKOŁOWSKA JAGODA	353			POL	SENIOR II K - 30	53	K 96	00:33:01	00:52:20	01:27:20.40	01:27:48.85	8:44	6.9
97	FIRLEJ EWELINA	258	GRUNWALD TEAM POZNAŃ	SULECHÓW	POL	SENIOR I K - 20	25	K 97	00:33:20	00:51:56	01:27:48.50	01:28:13.75	8:46	6.8
98	NOWICKA ANNA	145		KRAKÓW	POL	SENIOR II K - 30	54	K 98	00:33:23	00:53:43	01:29:01.05	01:29:36.55	8:54	6.7
99	SAWALA ANETA	41	TRANCE ONLY	POZNAŃ	POL	MASTERS K - 40	16	K 99	00:33:47	00:54:06	01:29:43.15	01:30:18.50	8:58	6.7
100	PRZYBYŁ JOLANTA	390		CZACHROWO	POL	MASTERS K - 40	17	K 100	00:35:01	00:54:44	01:30:19.20	01:30:37.25	9:01	6.6
101	KRAWCZYK MAGDALENA	252		ULAN-MAJORAT	POL	SENIOR II K - 30	55	K 101	00:37:37	00:57:50	01:30:55.40	01:31:06.90	9:05	6.6
102	NEUMANN BEATA	212	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	4	K 102	00:34:39	00:54:37	01:31:44.05	01:32:00.25	9:10	6.5
103	ŚWIERCZYŃSKA BARBARA	86		WARSZAWA	POL	SENIOR I K - 20	26	K 103	00:35:46	00:55:42	01:31:38.50	01:32:12.20	9:09	6.5
104	KACZMAREK KASIA	187		WROCŁAW	POL	MASTERS K - 40	18	K 104	00:34:30	00:54:10	01:31:45.05	01:32:18.10	9:10	6.5
105	STAWSKA NATALIA	95		KRAKÓW	POL	SENIOR II K - 30	56	K 105	00:33:50	00:53:38	01:31:41.95	01:32:21.90	9:10	6.5
106	WŁOSKOWICZ KINGA	46		WĄCHOCK	POL	MASTERS K - 40	19	K 106	00:36:29	00:57:28	01:33:28.75	01:33:34.65	9:20	6.4
107	KSIĄŻKIEWICZ KATARZYNA	75	ROCKY BALBOA RUNNING CLUB	BYTOM	POL	SENIOR II K - 30	57	K 107	00:36:36	00:56:21	01:33:29.05	01:33:56.05	9:20	6.4
108	CHWIAŁKOWSKA EWA	71		TORUŃ	POL	WETERAN K - 50	5	K 108	00:36:17	00:57:05	01:34:11.35	01:34:41.05	9:25	6.4
109	HACZYK GABRIELA	328	BIEG OPOLSKI	OPOLE	POL	WETERAN II K - 60	2	K 109	00:35:29	00:55:59	01:34:01.50	01:34:42.25	9:24	6.4
110	KOWALEWSKA ANNA	38		ŚWIDNICA	POL	SENIOR II K - 30	58	K 110	00:35:09	00:55:36	01:34:19.35	01:34:42.70	9:25	6.4
111	KUZIOMKO ANIA	290	AMA TEAM	LEGNICA	POL	MASTERS K - 40	20	K 111	00:35:43	00:55:34	01:34:19.85	01:34:43.30	9:26	6.4
112	SZAFRAŃSKA JOANNA	334	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	WETERAN K - 50	6	K 112	00:35:33	00:57:10	01:34:55.30	01:35:25.35	9:29	6.3

BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
38	PAKUŁA ARKADIUSZ	355		KROSNO		MASTERS M - 40	38	M 154	00:38:21	00:59:38	01:39:20.30	01:39:31.40	9:56	6
39	ŁYSKAWA MICHAŁ	55		KROTOSZYN	POL	MASTERS M - 40	39	M 155	00:34:21	00:56:14	01:39:46.85	01:40:22.85	9:58	6
40	MAŁEK PIOTR	376	MORSY TUREK	TUREK		MASTERS M - 40	40	M 156	00:38:51	01:01:23	01:40:32.25	01:41:10.05	10:03	6
41	WYSOCKI GRZEGORZ	378	MORSY TUREK	WŁADYSŁAWÓW		MASTERS M - 40	41	M 157	00:38:49	01:01:21	01:40:32.95	01:41:10.60	10:03	6
42	CZAJKOWSKI KRZYSZTOF	115	KOŁO BIEGA	POWIERCIE KOLONIA	POL	MASTERS M - 40	42	M 158	00:39:02	01:00:56	01:41:01.65	01:41:24.30	10:06	5.9
43	KARWOWSKI SŁAWOMIR	253		CZEMIERNIKI	POL	MASTERS M - 40	43	M 160	00:40:00	01:04:21	01:43:20.35	01:43:32.80	10:20	5.8
44	DEC ARTUR	88	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	44	M 164	00:41:30	01:05:02	01:45:51.55	01:46:34.05	10:35	5.7
45	LULA RADOŚLAW	155		WARSZAWA	POL	MASTERS M - 40	45	M 165	00:34:09	00:56:52	01:46:05.00	01:46:45.80	10:36	5.7
46	WODZIEŃ ANDRZEJ	419		RZESZÓW		MASTERS M - 40	46	M 166	00:38:55	01:02:58	01:46:36.50	01:47:15.95	10:39	5.6
47	KONOPACKI KRZYSZTOF	185	ABY DO METY!	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	47	M 169	00:49:07	01:18:14	02:02:48.05	02:03:14.40	12:16	4.9
48	BOMBA JAROSŁAW	40		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	48	M 170	00:44:37	01:15:16	02:05:18.20	02:05:38.85	12:31	4.8
49	SIECZKOWSKI ARTUR	15	NATURAL BORN RUNNERS TEAM	KOSTRZYN NAD ODRĄ	POL	MASTERS M - 40	49	M 172	00:49:12	01:18:31	02:06:20.30	02:06:59.05	12:38	4.7
50	KRUZEL RAFAŁ	296	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	50	M 173	00:45:34	01:11:56	02:06:37.95	02:07:08.40	12:39	4.7
51	WINIARSKI ROBERT	59		LEGNICA	POL	MASTERS M - 40	51	M 175	00:43:03	01:12:42	02:11:21.25	02:12:08.10	13:08	4.6
52	SOKOŁOWSKI MACIEJ	354		ŁĄDEK ZDRÓJ		MASTERS M - 40	52	M 178	00:57:39	01:30:29	02:31:58.30	02:32:28.90	15:11	3.9

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	LUBAŃSKA ALICJA	243	DOBIEGNĘ! BUKOWICE	BUKOWICE	POL	WETERAN K - 50	1	K 34	00:29:11	00:45:50	01:16:53.05	01:16:56.00	7:41	7.8
2	PTASZYŃSKA JOANNA	98		WROCŁAW	POL	WETERAN K - 50	2	K 52	00:32:10	00:49:18	01:19:27.60	01:19:49.70	7:56	7.6
3	MRÓZ URSZULA	209		STRONIE ŚLĄSKIE	POL	WETERAN K - 50	3	K 93	00:33:29	00:52:12	01:27:27.10	01:27:34.05	8:44	6.9
4	NEUMANN BEATA	212	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	4	K 102	00:34:39	00:54:37	01:31:44.05	01:32:00.25	9:10	6.5
5	CHWIAŁKOWSKA EWA	71		TORUŃ	POL	WETERAN K - 50	5	K 108	00:36:17	00:57:05	01:34:11.35	01:34:41.05	9:25	6.4
6	SZAFRAŃSKA JOANNA	334	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	6	K 112	00:35:33	00:57:10	01:34:55.30	01:35:25.35	9:29	6.3
7	MICHAŁSKA AGNIESZKA	335	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	7	K 113	00:35:52	00:57:10	01:34:54.25	01:35:25.45	9:29	6.3
8	RAJCZAKOWSKA ANNA	172		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	8	K 151	00:40:12	01:03:14	01:48:48.70	01:49:15.65	10:52	5.5
9	PASTUSZKA JOANNA	200	RUNLDZ	ŁÓDŹ	POL	WETERAN K - 50	9	K 160	00:41:00	01:06:22	01:52:57.45	01:53:10.30	11:17	5.3
10	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7

BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	HACZYK JAROSŁAW	369	BIEG POLSKA	OPOLE		WETERAN I M - 50	1	M 7	00:21:10	00:32:39	00:53:18.25	00:53:22.90	5:19	11.3
2	KUŹMA PRZEMYSŁAW	141	NIEZRZESZONY	JANOWICE	POL	WETERAN I M - 50	2	M 59	00:25:53	00:40:12	01:05:51.20	01:05:55.55	6:35	9.1
3	CHORZĘPA ADAM	286		SZCZYTNA	POL	WETERAN I M - 50	3	M 71	00:26:51	00:41:36	01:08:38.80	01:08:42.15	6:51	8.7
4	PASTUSZAK MIROSLAW	352	RUN ŁDZ	ŁÓDŹ		WETERAN I M - 50	4	M 76	00:28:15	00:43:18	01:09:09.55	01:09:19.95	6:54	8.7
5	DŁUGOSZ MAREK	292	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	WETERAN I M - 50	5	M 84	00:28:23	00:44:27	01:12:05.25	01:12:11.70	7:12	8.3
6	NEUMANN JACEK	211	CENTRUM ŁĄKOWA1	RADKÓW	POL	WETERAN I M - 50	6	M 91	00:28:58	00:44:56	01:12:55.75	01:13:09.60	7:17	8.2
7	WARSZCZYŃSKI RAFAŁ	108	LUB WYBIERZ Z LISTY	SIEROŚLAW	POL	WETERAN I M - 50	7	M 110	00:28:58	00:45:42	01:17:32.25	01:17:49.75	7:45	7.7
8	SZCZEPANIAK ADAM	73	TĘPE DZIDY	BUGUSZÓW-GORCE	POL	WETERAN I M - 50	8	M 111	00:30:10	00:47:18	01:18:21.65	01:18:43.70	7:50	7.7
9	RAPCZUK TOMASZ	242		CHOCIANÓW	POL	WETERAN I M - 50	9	M 114	00:28:56	00:46:27	01:19:13.45	01:19:20.60	7:55	7.6
10	BALICKI JACEK	56	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	WETERAN I M - 50	10	M 116	00:32:35	00:50:04	01:20:02.00	01:20:06.10	8:00	7.5
11	MAJCHRZAK DARIUSZ	401	KM UMK TORUŃ	TORUŃ		WETERAN I M - 50	11	M 119	00:29:41	00:46:30	01:20:40.90	01:21:14.65	8:04	7.4
12	IMIŃSKI CEZARY	122		ZGIERZ	POL	WETERAN I M - 50	12	M 132	00:33:50	00:53:08	01:25:47.90	01:26:08.60	8:34	7
13	WIADEREK SŁAWOMIR	162	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	WETERAN I M - 50	13	M 145	00:35:48	00:57:03	01:33:50.50	01:34:25.40	9:23	6.4
14	ŚCIOCH ANDRZEJ	255	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN I M - 50	14	M 174	00:47:06	01:16:24	02:07:50.15	02:07:54.45	12:47	4.7
15	MADERA BOGDAN	134		ŚWIDNICA	POL	WETERAN I M - 50	15	M 176	00:57:59	01:29:59	02:31:37.55	02:32:19.50	15:09	4

BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	ZAJĄC KRYSZYNA	27		WAŁBRZYCH	POL	WETERAN II K - 60	1	K 49	00:30:02	00:47:21	01:19:01.55	01:19:25.55	7:54	7.6
2	HACZYK GABRIELA	328	BIEG OPOLSKI	OPOLE		WETERAN II K - 60	2	K 109	00:35:29	00:55:59	01:34:01.50	01:34:42.25	9:24	6.4
3	RAPACZ DANUTA	327	SPEEDO POLSKA	STRONIE ŚLĄSKIE		WETERAN II K - 60	3	K 119	00:36:15	00:57:33	01:36:40.40	01:36:51.80	9:40	6.2
4	PACZUSKA MAŁGORZATA	247	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	WETERAN II K - 60	4	K 137	00:37:48	01:00:40	01:42:17.35	01:42:34.60	10:13	5.9
5	BURCHARDT MIRKA	167	PUDZIAN	BYDGOSZCZ	POL	WETERAN II K - 60	5	K 155	00:39:56	01:05:16	01:49:30.30	01:50:04.65	10:57	5.5
6	KUIPERS MIES	324				WETERAN II K - 60	6	K 169	00:43:36	01:13:34	02:05:14.50	02:05:46.50	12:31	4.8
7	KRAWCZYK BOŻENA	254	NIE WIERZE, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
8	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
9	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5

BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	TAMBOR JAN	406		KŁODZKO		WETERAN II M - 60	1	M 122	00:32:08	00:49:53	01:21:49.80	01:21:52.05	8:11	7.3
2	GADZINOWSKI IGNACY	182		RADOM	POL	WETERAN II M - 60	2	M 134	00:32:28	00:51:05	01:26:09.60	01:26:31.05	8:37	7
3	JASICKI JULIAN	174	STRONSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	3	M 142	00:32:04	00:51:34	01:29:20.25	01:29:29.10	8:56	6.7
4	KONIKOWSKI PAWEŁ	197		POZNAŃ	POL	WETERAN II M - 60	4	M 152	00:35:34	00:57:12	01:37:42.85	01:38:04.25	9:46	6.1
5	SHELVIS WOUTER	325				WETERAN II M - 60	5	M 171	00:43:40	01:13:34	02:05:15.60	02:05:46.50	12:31	4.8
6	SOKOŁOWSKI KAZIMIERZ	109		GDAŃSK	POL	WETERAN II M - 60	6	M 177	00:57:39	01:30:28	02:31:58.90	02:32:28.25	15:11	3.9